

## ***Additional Resources***

### **Centers for Disease Control and Prevention: Physical Activity Site**

Provides in-depth description of different types of fitness: cardiorespiratory endurance, muscular endurance, body composition, and flexibility. Links to importance of physical activity, recommendations, measurement of physical activity, strength training for older adults, and additional resources pertaining to health and fitness.

<http://www.cdc.gov>

<http://www.cdc.gov/nccdphp/dnpa/physical/components/>

### **American Cancer Society: The Complete Guide: Nutrition & Physical Activity**

Includes a plan for incorporating healthy eating and physical activity into one's lifestyle. Tips and links to related sources available.

[http://www.cancer.org/docroot/PED/content/PED\\_3\\_2X\\_Diet\\_and\\_Activity\\_Factors\\_That\\_Affect\\_Risks.asp](http://www.cancer.org/docroot/PED/content/PED_3_2X_Diet_and_Activity_Factors_That_Affect_Risks.asp)

### **Trans Texas Alliance**

A Pedestrian Safety Workshop and Walkability Tour

<http://www.transtexas.org/projects.html>

### **Shape Up America**

A non-profit organization focused on issues of healthy weight management. Provides a section with quizzes on nutrition and physical activity, tools for assessing personal level of fitness, nutrition education, recipes, BMI and BMI for age percentiles for child weight status evaluation, practice guidelines for health care professionals, and information on the link between diabetes and obesity.

<http://www.shapeup.org/>

### **Community Tool Box**

This site provides an array of resources for developing and evaluating interventions intended to promote community health and development.

<http://ctb.ku.edu/>